

# 2 X 2

## The Sent Ones

*1 After this the Lord appointed seventy-two others and sent them two by two ahead of him to every town and place where he was about to go. 2 He told them, "The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field. 3 Go! I am sending you out like lambs among wolves. 4 Do not take a purse or bag or sandals; and do not greet anyone on the road. --Luke 10*



Joseph Perez is a famous street graffiti artist who's painted murals all over the U.S. commissioned by the Chicago Bulls, Chicago Fire, New York City, etc. I met Joseph, aka sentrock, back in 2013, he attended a Disciple! seminar I taught in Chicago. I fell in love with his art almost immediately. He shared with me his story of growing up with his father who was incarcerated for 15 years, a cousin who was murdered, and seeing his friends in gangs and then turning to God with his graffiti. I was inspired and enthralled with his art. All his murals have a kid wearing a bird mask. He says, "I developed it into a bird mask to show that there is someone behind that mask, someone that wants to be free and escape. Putting on the bird mask, for me, allows me to escape and fly free and escape your surroundings and see more." Many of his murals have the saying "Blessed" and some like this one feature the dove coming out of the kid, a symbol of the Spirit of God and freedom. As I reflect on this painting I am drawn to the Scripture that in the kingdom the wolf shall lie down with the lamb and a little child shall lead them.





## John 20:19-23

**Lectio Divina.** Today we read a Scripture that uses, for the first time, "the name of the Lord" as the object of worship. Its a short portion of Scripture but well worth sitting with.

**Lectio (Imagine):** Read the Scripture (3x's). On the third reading highlight the word or phrase that sticks out to you.

**Oratio (Feel):** After your reading session, pray and express your feelings to God about the word or phrase that stuck out to you. This could include your desires, confessions, questions, gratitudes, or resistance.

**Meditatio (Think):** Do you have any questions for God? What questions do you have of yourself? I intentionally ask myself tough questions from what I read in order to uncover the truth of my heart. Did you experience any insight, knowledge, wisdom, vision, or sense of action to take? Write all of this down

**Contemplatio (Be Still):** Sit quietly for 5 minutes. Just being in God's presence. Don't try to think, feel, or will anything simply let yourself be in God's Presence. These words have brought you into the very presence of God.

The book of John is written as a second Genesis, it begins the same as Genesis "In the beginning" and moves forward with the Father back at work, working specifically on the Sabbath, the day that God had rested from his labors (John 5:16-18). Jesus urges his disciples to keep working while it is the day, again a reference to Genesis where God would rest in the evening (John 9:4). In Jesus' final prayer before the night fell on the new creative day Jesus said, "I glorified you by completing the work you gave me to do" (17:4). In Genesis God takes from Adam's side and creates woman, in John God takes from Christ's side and creates his bride (John 19:34 Rev 21:9). In this Lectio Divina we see God through Jesus breathing into us and we become the new living community of God, the Missio Dei, just as in Genesis God breathed into Adam and he became a living soul, who's primary mission is leading people into forgiveness.

As we acknowledge our breath as the breath of Christ, we come to see that we are the living, breathing sent (missio) ones of Jesus.

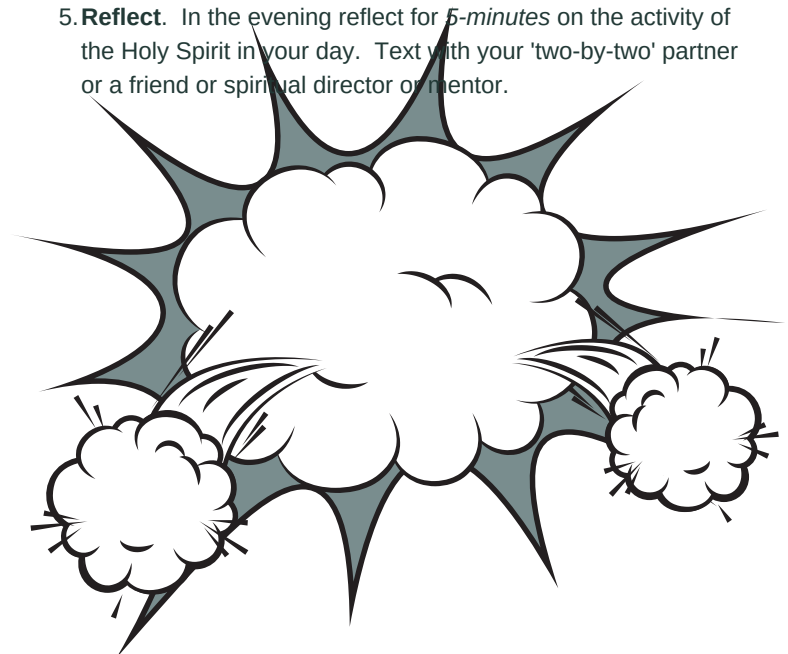
**Do 15 Easy Minutes Mission-izing Your Day (see the last page)**

**Make a List of your weekly cares and anxieties.**

**Make a List of your weekly gratitudes and affirmations.**

**Missionize You Day with the 15 Easy Minutes Exercise described in the back of this week's guide.**

1. **Breathe.** Begin in 5-minutes each morning of silent reflection on your breath as the breath of Christ.
2. **Write.** For the next 5-minutes have a pen and paper ready. Write out the mission that this breathing exercise formed in your heart.
3. **Listen.** Ask God how would he like you to go about that today. Write that down in your calendar, todo lists, etc.
4. **Do.** Go about your day, joyfully obeying, knowing that it is Christ in you doing the work.
5. **Reflect.** In the evening reflect for 5-minutes on the activity of the Holy Spirit in your day. Text with your 'two-by-two' partner or a friend or spiritual director or mentor.





## Matthew 28:18-20

**Lectio Divina.** Today we focus on the awe-inspiring power and the sacred mystery of the name of God.

**Lectio (Imagine):** Read the Scripture (3x's). On the third reading highlight the word or phrase that sticks out to you.

**Oratio (Feel):** After your reading session, pray and express your feelings to God about the word or phrase that stuck out to you. This could include your desires, confessions, questions or gratitudes, resistance or supplications.

**Meditatio (Think):** Do you have any questions for God? What questions do you have of yourself? I intentionally ask myself tough questions from what I read in order to uncover the truth of my heart. Did you experience any insight, knowledge, wisdom, vision, or sense of action to take? Write all of this down

**Contemplatio (Be Still):** Sit quietly for 5 minutes. Just being in God's presence. Don't try to think, feel, or will anything simply let yourself be in God's Presence. These words have brought you into the very presence of God.



## The Lord's Prayer

# 1

**Our Father in heaven hallowed be thy name**  
sit silently in reverence for the name of God.

# 2

**Thy kingdom come, thy will be done on earth  
as it is in heaven.**

**Do 15 Easy Minutes Mission-izing Your Day (see last page)**

# 3

**Give us this day our daily bread.**

Say, "God I trust you will meet my need as I seek first your kingdom today. You said seek first the kingdom of God and all these things will be added unto you."

# 4

**Forgive us trespasses  
as we forgive those who have trespassed against us.**

Say, "As I lead others into forgiveness I trust you are also forgiving me."

# 5

**Lead us not into temptation**

Say, "Let me not be tempted by distractions, pettiness, fear, boredom, or my ego."

# 6

**Deliver us from evil.**

Say, "Use me to be about your deliverance in the systemic evils of our world, the evil of hate, deception, and greed."

**Do 15 Easy Minutes Mission-izing Your Day (see the last page)**





## Acts 1:8

**Lectio Divina.** Today we focus on the revelation of the name of Jesus.

**Lectio (Imagine):** Read the Scripture (3x's). On the third reading highlight the word or phrase that sticks out to you.

**Oratio (Feel):** After your reading session, pray and express your feelings to God about the word or phrase that stuck out to you. This could include your desires, confessions, questions or gratitudes, resistance, or supplications.

**Meditatio (Think):** Do you have any questions for God? What questions do you have of yourself? I intentionally ask myself tough questions from what I read in order to uncover the truth of my heart. Did you experience any insight, knowledge, wisdom, vision, or sense of action to take? Write all of this down

**Contemplatio (Be Still):** Sit quietly for 5 minutes. Just being in God's presence. Don't try to think, feel, or will anything simply let yourself be in God's Presence. These words have brought you into the very presence of God.



## 15 Easy Minutes Mission-izing your Day

- Breathe.** Begin in *5-minutes* each morning of silent reflection on your breath as the breath of Christ. This can be done simply by breathing in and out the name of Jesus, using the first syllable of 'Je' with the inhale and the second syllable 'sus' with the exhale. As you do this reflect on Jesus breathing over the disciples. Reflect on being part of a new creation, a community creation, when your mind is distracted simply return with the name of Jesus staying present with Christ. who is in you.
- Write.** For the next *5-minutes* have a pen and paper ready. Write out the mission that this breathing exercise formed in your heart. What one task, in the Spirit of loving God and loving neighbors is coming to mind? Write it down especially as it relates to forgiveness--readying yourself to lead others in forgiveness, as names and faces of people come to mind write them down. Be open to the love and life of Jesus inside of your life. God wants to incarnate the life of Jesus through you.
- Listen.** Ask God how would he like you to go about that today. Write that down in your calendar, to-do lists, etc. Sometimes you will get specific direction and other times it will be like a "wait and see" or "watch for Me to bring it to you"
- Do.** Go about your day, joyfully obey, knowing that it is Christ in you doing the work.
- Reflect.** In the evening reflect for *5-minutes* on the activity of the Holy Spirit in your day. Text with your 'two-by-two' partner or a friend or spiritual director or mentor.

### What is the Missio Dei?

Missio Dei (Latin) means the mission of God and refers to God sending people on assignments. Missio means to send. The Gospel of John has a motif of sentness the word is used over 53 times most all of which refer to Jesus being sent.

John 1:6,33

John 3:34

John 4:34-38

John 6:38-39

John 9:7

John 17:18,25

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